

"Moving" into the Future

Our nation's young people are, in large measure, inactive, unfit, and increasingly overweight. In the long run, lack of physical activity threatens many young children and puts them at risk for cardiovascular disease, diabetes, and many other health problems that result from obesity. This camp is designed to enhance the students knowledge towards physical activity and will promote physicality for a lifetime.

Enhancing efforts to promote participation in physical activity and sports among young people is a critical national priority. To increase their levels of physical activity and



fitness, young people can benefit from: families, school programs, youth sports, and recreation programs, and the communities' environment. Fitness Camp is a summer camp that disseminates tons of different games and lifetime sports that children will have fun doing not only as a child but for the rest of their lives.

Our staff is dedicated to create a safe learning environment filled with many different strategies, resources, and creative ideas to ensure great physical activity experiences. Within Fitness Camp we will monitor the children's physical activity and physical fitness levels. Fitness levels will be tested three different times throughout the course of the summer and will be recorded.

America loves to think of itself as a youthful nation focused on fitness. But behind all the professional sports teams and media images is the troubling reality of a young generation of "video" kids. These "video" kids are getting ever more sedentary and not much physical activity. Informing children on why it is important to be physically active and what it can do for their health and happiness is what Fitness Camp will broadcast.

Lincoln Parks & Recreation

Fitness Day Camp - LIFETIME SPORTS CAMP "For a Healthier Me"



Lincoln Parks & Recreation
Playgrounds Office
1225 "F" Street
Lincoln NE 68508



Open to Youth in Grades 2 - 5
June 5 - Aug. 11 Monday - Friday



Lincoln Parks & Recreation
Fitness Camp
LIFETIME SPORTS CAMP

Develop sportsmanship, teamwork, and confidence through sports, games, swimming, and field trips!

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Components & Goals

Fitness Activities

Why is regular physical activity important for maintaining a healthy body and enhancing physiological well being?

- A. Activities focus on: endurance, strength, flexibility, balance, & more.
- B. An intro. to lifetime sports: tennis, swimming, golf, cycling, & more.
- C. Games & Play (Strategies/Recreation)
Introduction to group games, box hockey, four square, kickball, Pepsi Hot Shot, soccer, flag football & other fun games.

Nutrition Education

Learn how to improve eating habits balance diets, make smart menu choices and learn how proper nutrition enchances academic performance.

Parents: We will be working to improve your child’s physical fitness by targeting specific fitness needs, coordination, endurance and much more. We will target specific sports skills, rules, and strategies and improve their knowledge of nutrition and eating habits.

Kids: We will make camp fun; by teaching you a wide variety of sports skills, rules of play and essentials of teamwork. You will work on developing good social relationship skills, and better nutritional habits as part of your total wellness.

Register for only the weeks and times you want!

Camp Sports By Week:

- Week 1: Baseball/Softball
- Week 2: Golf/Tennis
- Week 3: Track & Field
- Week 4: Basketball
- Week 5: Swimming
- Week 6: Soccer
- Week 7: Volleyball
- Week 8: Fitness Week
- Week 9: Flag-Football
- Week 10: Racquet Sports

Camp Location:

Humann Elementary School
6720 Rockwood Lane

Camp Hours:

Base Camp - 8:30-4:30
Staff at site 7:00 am - 6:00 pm
* A \$10/child per week non-refundable deposit due at the time of registration applies to your total bill.

Your balance is due according to this schedule:

Weeks 1-3 Payment due by May 12
Weeks 4-7 Payment due by June 2
Weeks 8-10 Payment due by June 30

Weekly Fee: \$100.00 per child

Multiple Child Discount:

Base fee applies to the first child. Each additional child from the same family is \$5.00 off the fee only. We also have a sliding Fee Rate available.



Thanks to ALLTEL for providing cellular phones at each location for our staff's communication needs.



Develop sportsmanship, teamwork, and confidence through sports, games, swimming, and field trips!

Open to Youth Grades 2 - 5!

Fitness activities focus on endurance, strength, flexibility, balance and more. A different sport will be taught each week. Staff also introduce recreational games and strategies. Campers are taught elements of nutrition education and how it helps their physical fitness and their academic performance.

Register for only the weeks and times you want! Weekly fee includes activities & daily snack!

Fitness Camp 2006 Registration

Participant’s Name _____

Day Camp Location _____

Grade Completed _____ Birthdate _____

Street Address _____

City _____ State _____ Zip _____

Parent’s Name _____

Home Phone _____ Day Phone _____

Name of Parent at Day Phone _____

Phone + name of another person in case of emergency _____

T-shirt Size:

- ___ Youth Medium ___ Adult Medium
- ___ Youth Large ___ Adult Large
- ___ Adult XLarge

Mark the weeks, times, and numbers of children attending each session.

Week	7:00-8:30	8:30-4:30	4:30-6:00
#1 June 5 - 9			
#2 June 12 - 16			
#3 June 19 - 23			
#4 June 26 - 30			
#5 July 3 - 7 No Camp July 4			
#6 July 10 - 14			
#7 July 17 - 21			
#8 July 24 - 28			
#9 July 31 - Aug 4			
#10 Aug 7 - 11			

\$10 per child/week nonrefundable deposit

Make checks payable to: Lincoln Parks and Recreation.
Return to Playground Office, “F” Street Recreation Center
1225 F Street Lincoln NE 68508 (402)441-7952

Amount Enclosed _____ Check # _____

Rcp. # _____ **Include Deposit**

Waiver and Release of All Claims: For and in consideration, the undersigned parent (s) or guardian (s) of the participant in the Recreation Day Camp Program, I/we recognize and acknowledge that there are certain risks of physical injury and I/we agree to assume the full risk of any injuries, including death, or loss which the undersigned or my minor child/ward may sustain as a result of participating in any and all activities connected with or associated with such program. I/we do hereby declare that I/we waive all claims of whatsoever kind or nature against the City of Lincoln and the Parks and Recreation Department, its officials, officers, agents, employees and volunteers from any and all claims arising from injuries, including death, damage or loss which I/we or my minor child or ward may incur or may accrue to me or my minor child or ward on account of participation in the activities of this program.. I/we further agree to indemnify and hold harmless and defend the City of Lincoln and the Parks and Recreation Department, its officials, officers, agents, employees and volunteers from any and all claims resulting from injuries, including death, damages and losses sustained by the undersigned or my minor child or ward or arising out of this program. I/we have read and understand the above Waiver and Release of All Claims and understand the effect of the relinquishment.

Name _____ Relationship _____ Date _____

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I/we also give absolute and irrevocable right and permission with respect to photographs or video taken during this program that may be taken of my child/ward to the City of Lincoln for their use in promotions and advertising of this program or for similiar use.

Name _____ Relationship _____ Date _____